



Brunch Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices canadian bacon thin
- ☐ 12 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce swiss cheese shredded

☐ 1 cup whipping cream

Equipment

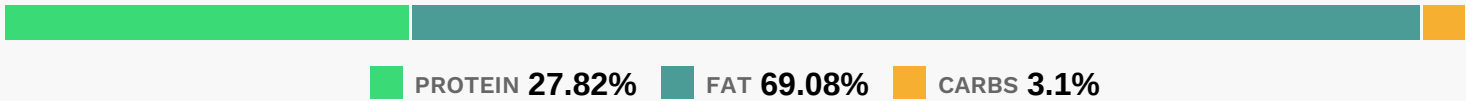
☐ oven

☐ baking pan

Directions

- ☐ Place bacon in a single layer in a lightly greased 13- x 9-inch baking dish; sprinkle with Swiss cheese. Cover and chill, if desired. Break eggs over cheese, spacing evenly.
- ☐ Pour whipping cream over eggs, and sprinkle with salt and pepper.
- ☐ Bake at 425 for 10 minutes.
- ☐ Sprinkle with Parmesan cheese and paprika.
- ☐ Bake 8 to 10 more minutes or until set.
- ☐ Remove from oven; sprinkle with parsley.
- ☐ Let stand 10 minutes before serving.
- ☐ NOTE: Casserole may be divided into 12 portions and served on English muffins.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:17.061304271221%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 369.5kcal (18.47%), Fat: 28.2g (43.39%), Saturated Fat: 14.83g (92.67%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.71g (0.98%), Sugar: 0.95g (1.06%), Cholesterol: 301.73mg (100.58%), Sodium: 639.33mg (27.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.1%), Selenium: 39.11µg (55.87%), Phosphorus: 433.77mg (43.38%), Calcium: 387.33mg (38.73%), Vitamin B12: 1.87µg (31.23%), Vitamin B2: 0.5mg (29.2%), Vitamin

K: 26.4µg (25.14%), Vitamin A: 1210.47IU (24.21%), Zinc: 2.96mg (19.76%), Vitamin B1: 0.29mg (19.49%), Vitamin D: 2.56µg (17.03%), Vitamin B6: 0.28mg (13.81%), Vitamin B5: 1.33mg (13.28%), Vitamin B3: 2.26mg (11.28%), Folate: 36.18µg (9.04%), Iron: 1.51mg (8.4%), Vitamin E: 1.21mg (8.08%), Potassium: 267.57mg (7.64%), Magnesium: 28.35mg (7.09%), Copper: 0.08mg (4.18%), Vitamin C: 2.14mg (2.59%), Manganese: 0.05mg (2.4%)